

Take Time for Teeth





Mama—
Have your
dental checkup
before your
baby is born!



At about six
months, help
your baby learn
to use a cup.



First birthday
is time for
your baby's
first visit to
the dentist.

Pregnancy



Birth



6 months



1 year



Life



After feeding,
wipe your
baby's gums
and teeth with
a clean, soft cloth.

At one-year of age,
help your baby
begin to use a
toothbrush.



Visit the dentist
every six months
through life.

Remember:

When giving a
bottle, always
hold your baby.

Never put your
baby to bed with
a bottle.

A message from the
District Health Department
and the
Idaho Department of Health & Welfare
Oral Health and WIC Programs
P.O. Box 83720
Boise, ID 83720-0036

Costs associated with this publication are available
from the Idaho Department of Health and Welfare.
IDHW / 10,000 - 16661 - 7/01. Cost per unit \$0.104.

For help finding a dentist,
call 1-800-926-2588

The Idaho CareLine



Keep Smiling!